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N E W S
L E T T E R

OFF THE RECORD

Vol. 9 No. 1

United States Bankruptcy Court, District of South Carolina

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OFF THE RECORD
U.S. Bankruptcy Court,
District of SC

OFF THE RECORD, the court's newsletter, will be published monthly starting with the September 1995 issue. The publishing department welcomes any submission of items to be included in the newsletter. Items will be published at the discretion of Brenda K. Argoe, Editor in Chief. Please submit items to the newsletter staff, Charlie Frank, or Gail by the 25th of each month.

The staff of OFF THE RECORD would like to thank this month's contributors: Debi Green

Dates to Remember

January 15
Martin Luther King,
Jr.'s Birthday

January 31
End of TSP Open
Season

Letters to the Court

The following letter was sent to Harvest Hope Food Bank in Columbia from George B. Cauthen of Nelson, Mullins, Riley & Scarborough, L.L.P.

I have enclosed our Firm check for \$100 as part of our effort to bring ADR (Alternate Dispute Resolutions) to the Bankruptcy Court system. All of the deputy clerks at the Bankruptcy Court work so hard all year putting up with rude attorneys, short deadlines, and trying conditions. In the past we would send them cookies and other treats as this time of the year to let them know how much we appreciate them.

Unfortunately, it has been thought by some that these cookies either cause:

- * a weight problem;*
- * a possible bribe*

Not wanting to be involved in either allegation, the bankruptcy attorneys at Nelson Mullins are making this donation to Harvest Hope as our form of ADR and to let the staff of the Bankruptcy Court know how much we appreciate all of their fine work throughout the year.

Dear Brenda:

We want to thank you for the opportunity to visit your court to learn about the Electronic Court Recording program. Your staff made us feel welcome and was very helpful in demonstrating the procedures they have developed. The things we learned from your court will assist us greatly in implementing electronic court recording in our office.

South Carolina is a beautiful state and we hope to be able to visit again sometime. Thank you for your help.

Sincerely,
Brenda Carter, Sherry Davis,
Jane Laswell
US Bankruptcy Court,
Western Kentucky

Dear Chris:

Thank you for your assistance in setting up video conference interviews for us last week. We appreciate your help and credit you for things going so smoothly.

Very truly yours,
Larry W. Propes, Clerk of Court
US District Court, Columbia, SC

Dear Brenda:

I want to take this opportunity to thank you for allowing Karen Shepherd to assist our court with the preparation for transition to, and implementation of, FAS4T. I know that all of our offices are extremely

busy and thus, it is not easy to allow an employee to take time away from their home district to assist another district. Additionally, you are to be commended for the professionalism and expertise with Ms. Shepherd exhibited while in our district.

Once again, thank you very much.

Sincerely,
Gary D. McFarland, Clerk of Court
US District Court, Omaha, NE

Health and Fitness

THOSE DARN FOOD CRAVINGS

We all experience food cravings at one time or another. A craving is defined as an intense desire for a particular type of food. Usually, the desire is so strong that you will go out of your way to satisfy it. Science has yet to come up with the definite cause of food cravings, but there are several theories as to why they occur.

Why?

- **Food Deprivation.** When following a calories or nutrient-specific restricted diet, many dieters report intense cravings for “forbidden” foods. These food include carbohydrate rich and fat laden foods.
- **Hormone Level Changes.** During pregnancy or just prior to their menstrual cycle, many women have overwhelming cravings for sweet, salty, and high fatty foods.
- **Emotions.** Food is used in childhood years for comfort, celebration, and punishment. It is a powerful lesson; food has power. As an adult, any emotional event such as stress,

anger, happiness, boredom, or depression can trigger a food craving.

- **Psychosocial.** We associate events with food. We think when we go to the movies, we should have popcorn, and when we go to a birthday party, we should have cake.
- **Nutrient-Poor Diet.** Some researchers theorize that when the body is lacking in a specific nutrient, the brain sends a signal to crave a food which will supply the missing nutrient.
- **Taste.** If chocolate, turkey, cheddar cheese, and pickled herring all cause the brain to release a “feel good” hormone that will calm you, why is chocolate preferred? It tastes good!

Managing Food Cravings

- **Don't skip meals.** Eat 3 to 6 small meals each day to ensure adequate caloric and nutrient intake.
- **Avoid guilt.** If you satisfy a craving, accept it as such and move on. Food cravings are normal, and you should not feel bad for indulging them.
- **Moderation.** Consume only a small portion of what you are craving.
- **Exercise.** Regular physical activity can help manage cravings, relieve stress, burn calories, and occupy boredom.
- **Indulge your cravings** --don't run from them. If it is ice cream you want, then toss the carrot sticks aside for now, and have a little.

- Elizabeth K. Morton, R.D.

From *Well Informed*, a publication of Health Directions of Lexington Medical Center

"Pat-on-the-Back"

Full Pat-on-the-Back Award Cards were turned in for 1 hour administrative leave for the following:

Leila Balliet
Frank Baker
Vanna Daniel
Agnes Floyd
Raye Jefferson
Stephen Todd (8)
Karen Weathers



January 16 th	Judy Smith
	Chuck Meetze
January 18 th	Stephen Todd
January 21 st	Lisa Baughman
January 29 th	Debi Green
February 1 st	Judge Bishop
February 4 th	Gail Cole
February 17 th	Sharon Greene
February 21 st	Connie Brooks

Miscellaneous

**January 1st, 2001,
the first day of the third millennium!**

Perpetual New Year Resolutions

Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time.

Call up a forgotten friend. Drop an old grudge, and replace it with some pleasant memories. Share a funny story with someone whose spirits are dragging. A good laugh can be very good medicine.

Vow not to make a promise you don't think you can keep. Pay a debt. Give a soft answer. Free yourself of envy and malice. Encourage some youth to do this or her best. Share your experience, and offer support. Young people need role models.

Make a genuine effort to stay in closer touch with family and good friends. Resolve to stop magnifying small problems and shooting from the lip. Words that you have to eat can be hard to digest.

Find the time to be kind and thoughtful. All of us have the same allotment: 24 hours a day. Give a compliment. It might give someone a badly needed lift.

Think things through. Forgive an injustice. Listen more. Be kind.

Apologize when you realize you are wrong. An apology never diminishes a person. It elevates him. Don't blow your own horn. If you've done something praiseworthy, someone will notice eventually.

Try to understand a point of view that is different from your own. Few things are 100 percent one way or another. Examine the demands you make on others.

Lighten up. When you feel like blowing your top, ask yourself, "Will it matter in a week from today?". Laugh the loudest when the joke is on you.

The sure way to have a friend is to be one. We are all connected by our humanity, and we need each other. Avoid malcontents and pessimists. They drag you down and contribute nothing.

Don't discourage a beginner from trying something risky. Nothing ventured means nothing gained. Be optimistic. The can-do spirit is the fuel that makes things go.

Read something uplifting. Deep-six the trash. You won't eat garbage - why put it in your head? Don't abandon your old-fashioned principles. They never go out of style. When courage is needed, ask yourself, "If not me, who? If not now, when?"

Walk tall, and smile more. You'll look 10 years younger. Don't be afraid to say, "I love you". Say it again. They are the sweetest words in the world.

--Ann Landers

Families Helping Families

by Debi Green

For most of our children, Christmas is a time of anticipation. When I was younger (and even now!) I remember thinking, "What will I get?" I get so excited on Christmas Eve I can hardly wait until the next day. For many children, however, Christmas is a time for sadness. Some of the children are hurt because they have a divided family. Others are hurt because they see their parents addicted to drugs or alcohol. Some of these families do not have enough money to buy even one present for their children.

While it's important to be concerned for our own families, the employees of the Bankruptcy Court know that other children and other families do not have it as good as we have it. So, for the fifth year, the Court has participated in the Families Helping Families project. Headed up by Santa, a/k/a Raye Jefferson, with the help of six other committee elves, the Court was able to sponsor a mother and five children ranging in ages from 2-12 years old. According to Raye, the employees of the Court and the community of Columbia were very generous. "In addition to each child receiving new clothes and at least one new toy, we were able to give the family a gift certificate totaling \$80 from Walmart, Winn Dixie, and Bi-Lo, gift certificates from McDonalds, the Marionette Theater, Golden Coral, Olive Garden, and Krispy Kreme, and several boxes of canned goods, food, and household items," said Raye. As one committee elf was finishing the wrapping and loading the gifts onto the "sleigh," she commented, "helping those who are less fortunate really helps us appreciate others more. It also helps us appreciate what has been given to us."

If we lived in an ideal world, everyone would have

enough food and clothing. No one would be poor. But we do not live in an ideal world and those who have less need more help. Whoever gives to the poor will be blessed. (Proverbs 28:27). The Court employees must be truly blessed! I hope you had a Merry Christmas!

"Think About It"

I have a Dream

by Martin Luther King, Jr.

Delivered on the steps at the Lincoln Memorial in Washington D.C. on August 28, 1963

[To help us remember why we celebrate Martin Luther King, Jr. Day, following are the last few paragraphs of his speech.]

I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail

*together, to stand up for freedom together,
knowing that we will be free one day.*

*This will be the day when all of God's
children will be able to sing with a new
meaning, "My country, 'tis of thee, sweet
land of liberty, of thee I sing. Land where
my fathers died, land of the pilgrim's pride,
from every mountainside, let freedom
ring."*

*And if America is to be a great nation this
must become true. So let freedom ring
from the prodigious hilltops of New
Hampshire. Let freedom ring from the
mighty mountains of New York. Let
freedom ring from the heightening
Alleghenies of Pennsylvania!*

*Let freedom ring from the snowcapped
Rockies of Colorado!*

*Let freedom ring from the curvaceous
peaks of California!*

*But not only that; let freedom ring from
Stone Mountain of Georgia!*

*Let freedom ring from Lookout Mountain of
Tennessee!*

*Let freedom ring from every hill and every
molehill of Mississippi. From every
mountainside, let freedom ring.*

*When we let freedom ring, when we let it
ring from every village and every hamlet,
from every state and every city, we will be
able to speed up that day when all of God's
children, black men and white men, Jews
and Gentiles, Protestants and Catholics,
will be able to join hands and sing in the*

*words of the old Negro spiritual, "Free at
last! free at last! thank God Almighty, we
are free at last!"*

Quotes

"If there is a rumor in the air about you, you'd better treat it as you would a wasp: either ignore it or kill it with the first blow. Anything else will just stir it up."

-James Thom

"I have not failed. I've just found 10,000 ways that won't work."

-Thomas Edison

"Pain is inevitable. Misery is a choice."

-Christopher Reeves

"The worst team in baseball's history won only 55 games. The best team every won 110 out of 160, so you're virtually guaranteed to win 1/3 of the time and lost 1/3 of the time. The difference is the 1/3 in the middle. You don't know what bucket the game you're playing falls into, so if you're smart, you'll fight like everything for all of them"

-TommyLaSorda (addressing
Little Leaguers).